

**STATE ADVISORY COMMITTEE ON MENTAL HEALTH SERVICES
(SACMHS)**

**August 9, 2005 – 9:00 A.M. to 12:00 Noon
Holiday Inn – Platte Room
141 No. 9th Street, Lincoln, NE**

SACMHS Members Present: Wayne Adamson, Allen Bartels, Beth Baxter, Cec Brady, Jimmy Burke, James Deaver, Scot Ford, Dwain Fowler, Beverly Ferguson, Clint Hawkins, Nancy Kratky, Susan Krome, Dr. Maria Prendes-Lintel, Darlene Richards, Mary Ann Wells. 13 members were present at the start of the meeting. The chair noted a quorum was present.

SACMHS Members Absent: Richard Ellis, Chris Hanus, Lara Huskey, Wesley Legan, Frank Lloyd, Beth Wierda

HHS Staff Present: Alexandra Castillo, Jim Harvey, Dan Powers, Blaine Shaffer, Laurie Sutter, Phyllis McCaul

Others Present: Melia Cook, Pat Compton, J Rock Johnson, Aletheir Evans, Cindy Scott, Ken Timmerman, C J Zimmer

I. Agenda

Darlene Richards motioned and Nancy Kratky seconded the motion to approve the August 9, 2005 State Advisory Committee on Mental Health Services Agenda with the additions of Jimmy Burke presenting information regarding WRAP and Laurie Sutter, HHSS Prevention Program Manager presenting a updated on prevention activities. Motion passed by committee members. The August 9, 2005 Agenda was approved with the two additions by committee members present.

II. Approval of May 10, 2005 Minutes

Scot Ford motioned and Beth Baxter seconded the motion to approve the May 10, 2005 minutes with the correction that James Deaver be added to the present list. Motion passed by committee members. The minutes were approved with correction by committee members present.

III. REPORTS

Report from BH Council

Allen Bartels briefly stated the need for a discussion of issues the committee wants to pass on the BH Council. This is an agenda item listed under new business.

Nancy Kraky – report from the consumers was well accepted. Blaine stated Ron Sorensen is Administrator of Behavioral Health Services but is not able to attend the MH advisory meeting today due to scheduling conflicts. If someone has questions of him, he will be attending the BH Council meeting this afternoon and asks that you attend that meeting.

BH Division

Dan Powers introduced the two individuals, Ken Timmerman and Aletheir Evans sponsored by BHS to attend the 2005 NAMI Conference in Austin Texas. Each was asked to report their experience attending the conference and for them to state what if anything they feel will help them in the future.

- Ken Timmerman is from Omaha. This was his first time attending a conference and was excited at the opportunity to attend the conference. He attended panels on leadership and a presentation on why there is not more consumer enrolled in NAMI. New treatments are now more capable to allow consumers to function. He felt Faith Net was very important and has spoken with his own pastor. He feels strongly that peer to peer support groups are needed in Nebraska.

- Aletheir Evans is from Hastings. She informed the Committee the NAMI conference theme name was "Frontier Recovery". She attended many workshops such as; peer to peer education consultation, Ask the doctor and a Schizophrenia anonymous workshop, a 6 step program. She also attended a workshop on Bi-Polar and found it very interesting. She felt the NAMI conference was very successful.

BH Division Administrator & Consumer Affairs Office Administrator

Blaine Shaffer reported Ron has been appointed as BH Administrator and the Deputy Administrator is Mary Jane Strong, she comes from Chicago.

Applications for the Consumer Affairs Officers are now being reviewed and hopefully will be chosen in September. Ron Sorensen is designated to make the selection.

Grants

There was a kick off conference meeting for the Children's MH Substance Abuse State Infrastructure Grant. Nebraska was awarded \$750,000 to begin process of BH Reform for kids and adolescent. The age groups they are targeting are 5, and 5 thru 21.

Two other grants have been applied for which are: Mental Health Transformation infrastructure Grant, it's statewide of \$1.5 million for 5 years and Suicide Prevention Pilot Project its a Region 5 project of \$400,000 for 3 year.

Beth clarified that the state Infrastructure grant is a grant to build infrastructure at the state level, it's not a service development grant. There are 2 Projects that are still on going in regions 3 and 5 (Lancaster county) to develop a system of care for children and families. Based on Federal reviews, areas of concern have been the lack to be able to sustain the system of care work because there no state infrastructure developed. The Federal government has acknowledged that an infrastructure is important and has included funds to develop infrastructure.

IV. WRAP - Wellness Recovery Action Plan

Jimmy Burke Briefly stated his plan to explained WRAP and stigma reduction training. Mary Ellen Copeland developed WRAP seven years ago as a way for her to take a proactive role in her own recovery. WRAP was developed for mental health consumers but it's not just for mental health consumers. This is not a replacement for doctors or medication nor does it advocate not taking medication or not seeing your doctor. WRAP is a collection of tools that can be used when they feel well or don't feel well. It helps to isolate behaviors or give them things to do to feel better or be healthier to avoid crisis or hospital stays. Different levels of severity of mental illness require different levels of responses of themselves and others. Wrap training is a six hour training.

Jim Burke is working for MHA to conduct training for front line staff on Stigma reduction of assisted living facilities. The presentation is a three hour long training. A fee structure is being developed for the training.

V. UNFINISHED BUSINESS

Dan Powers – Handed out a copy of Nebraska Statute Authority for the BH Council and Committees. (attachment) The statute basically states committee members are considered appointment until re-appointed or replaced. Appointments are made by the Governor. No formal appointments/reappointments have been made by the Governor at this time. In the past Richard Deliberty was assigned to the Mental Health Advisory Committee. Ron Sorensen as the new BH Administrator and a member of the committee may be considered a conflict and if so it's likely someone else will be selected for that position in the near future.

VI. NEW BUSINESS

2006 Mental Health Block Grant Application - Jim Harvey

MH Block draft Grant application was mailed to all committee members. Jim explained that under the Nebraska statute that sets up this advisory committee, one of the duties of this committee is to complete the review of the MH Block application and submit recommendations to the Division of BH services. One of the duties of the chair is to prepare a letter reflecting the comments of The MH Advisory Committee.

Jim asked the committee, to please use the review work sheet that was included with the Grant application to help direct comments to him.

The last week of October Jim and Chairperson Allen Bartels will be attending a review conference in Detroit and will be defending the application submitted.

Committee and public comments on MH Block Grant Application:

Page 54 – under Region II Reform, should read Liberty House

Page 62 – line 13 from the bottom, should be “suicide prevention plan”

Page 66 – needs to be re-read, conflicting message

Worksheet was hard to follow along with the grant

There needs to be a list of Community Base worksites for consumers to be productive and earn a salary.

One of the evidence base practices is called Supported Employment. Jim plans to develop a services definition consistent with Supported Employment that fidelity scales has issued and replace the current definition.

Jim Harvey clarified Support Employment as; consumer wanting to have a job and earned an income. Then the staff does a benefit analysis so the consumer knows what is involved. The role of employment specialist would be to help with relationships with a wide variety of employers. The amount of hours worked will be important so not impact consumers benefits in place.

Wayne asked is there set guideline points where the Federal Government cut aid/resource. Will consumers lose benefits just because consumers want to work and be independent? How can it protect consumer's benefits?

On supported employment there are trial work periods to develop a level of income and enable consumer to retain benefits.

Comments related to the MH Block grant draft need to be submitted by the end of Day, Aug 17, 2005.

♦Nancy Kratky favors supported employment, consumers need to work

♦Mary Wells – once you go back to work, you can lose benefits

♦Dr. Maria Prendes-Lintel – on employment

- Need to remember the natural course of the illness
- It is a chronic illness
- Vulnerable to illness
- System needs to be responsive
- Loss of benefits
- Be responsive to individuals illness
- They were doing well and cost of benefits
- Needs to be on individual bases and capabilities, illness go up and down and the system needs to be responsive. System does not look at the nature of the illness.

◆Beth Baxter

- Wants to move into supported employment
- understand constraints from other systems
- Unintended consequences ... need to deal with constraints (such as regulations) ... we need to develop our structure to address these issues.
- good to move into supported employment, there will be constraints with other resources. - -
- Develop interrogation with other resources such as HUD * Section 8.

◆ Dr. Maria Prendes-Lintel, cultural competency page 43

- CLAS Standards – can't use services due to service provider(s) not able to speak the language. NOTE: CLAS Standards refers to the National Standards for Culturally and Linguistically Appropriate Services in Health Care issued by the U.S. Department of Health and Human Services Office of Minority Health (OMH) in December 2000.
- There are huge gaps in service
- Propose a sub-committee to address the issues involved.
- Funding is an infrastructure issue ... need to put money into having interpreters ... it is better to have the provider speaking the consumer's language, thus not needing a system to pay for interpreters.
- Current structure not there to make it work.
- Need training for providers
- Standard lack contribute to the Gap of not being able to partake some services caused by not being able to speak the language. Standards need to be worked on.
- Suggests to accessing the limited english proficiency population that is using mental health services in each region.
- Also Access what cultural and appropriate services are being offered in each region.
- Training of cultural competency and how to work with interrupters.
- Stigma reduction training involved with these groups

◆ Beth – Community support page 43,

- Supports sub-committee proposal.
- Providers willing to implement CLAS Standards
- Funding issue to pay for interpreters

Page 47, inmates by Jim

Public Comments on MH Block Grant

- The HHS web site has good content
- Only 30 minutes of review and comment on the scheduled agenda for the State Advisory Committee on Mental Health Services under New Business is not adequate. This is one of the most important tasks for this Committee. It sends the wrong message on the role of the Committee.
- Protest: The published time on the agenda noted the comment section of the committee meeting started around 11:10 a.m. The chair moved the agenda item to an earlier time. This could be a problem for the individual planning to make comments.
- Notices of these meeting be sent to NAMI, MHA, Regional Governing Boards, Housing Development Authorities, Rural and Frontier communities.
- Not enough input on the goal setting for the grant as noted in last year's letter
- Post on the HHS web site how to apply to become a member of the committee
- Post on the HHS web site vacancies on the committees and terms dates
- Post on the HHS web site the Federal review results and the state response
- Post on the HHS web site the community mental health services budget
- Current roster of the committee shows only two family members of SED youth. This is not adequate for representation on this committee.

- Grave Problem: HHS needs to develop a plan regarding changing the Family's need to relinquish custody in order to access services. Nebraska is 50th state in the union on number of state wards per capita. Need a plan to address this.
- Service definition appears in application, include details related to area, who is to receive services etc.?

Jim stated he needs an agreement from the committee for him to continue working on the MH Block Grant draft based on input collected by August 17, 2005.

Vote

Darlene Richards motioned and Maria Prendes-Lintel seconded the motion to accept the Mental Health Block Grant application as submitted with the understanding changes will be included that are submitted by August 17, 2005 to Jim Harvey.

Fifteen members were present at the voting. Twelve voted yes except for Wayne Adamson who voted no, Jimmy Burke and Susan Krome chose to abstain from voting. Majority of the members voted yes and the motion carried. Jim Harvey now has the committee's approval to continue to work on the Mental Health Block Grant and include changes and suggests submitted to him by the committee.

PREVENTION UPDATE

Laurie Sutter, Behavioral Health Services, Prevention Program Manager

At the last BH Council meeting Laurie presented results of the Risk Protective Factor survey targeted at measuring substance abuse and related issues among youth. That survey is being re-implemented October 17-28, 2005. More than 32,000 students in 146 school districts in 65 counties participated in the first year of the survey. For 2005, numbers are even higher, with about 50,000 students in school districts in 73 counties registered for the survey. The data generated is important at the state level, and very important at the community level.

Prevention is asking committee members to help by completing a survey. Questionnaire forms were distributed to members (see attachment). Prevention is currently finalizing a compendium of evidence-based strategies for behavioral health prevention across the life span. We have identified 170 strategies that meet evidence-based criteria, and are seeking input and "lessons learned" from any organizations that have implemented any of the strategies on the list. Sixteen of the strategies address mental health, and three are focused at suicide prevention.

Region 3 is co-hosting a training for community coalitions August 23-24 in Kearney on inclusion of Hispanic/Latino populations in community initiatives. Eduardo Hernandez, Community Anti-Drug Coalitions of America, will be conducting the training.

Nebraska Partners in Prevention is holding the "First Annual Prevention Leadership Institute, November 7-8, 2005 in Lincoln Nebraska. The Institute will feature national researchers and leaders from all disciplines. Registration materials will be available at www.nebraskaprevention.gov in mid-September.

Mission and Values Discussion

Allen Bartels briefly stated that much of time spent at these meeting is discussing the MH Block Grant and does agree that the Grant is important but there are many other issues that need to be discussed and some of those issues were brought up today. Some issues are related to the MH Block Grant but it all seems to be a disjointed conversation.

Alan asked for a separate meeting and/or a subgroup to discuss this agenda item since there was not enough time for discussion. Mission, Vision and Values are important to set, understand and agree upon to use as a guide/goals for this committee.

Dan explained that the advisory meetings are costly and there are no extra funds to support extra meetings. The best would be to extend time at these meetings either by starting earlier or by adding 30 minutes.

Suggestions: Develop a list serve – do work outside of the committee meeting.
Sub-committee
Set up Bridge Conference Call
Video Conference
Meet 1 hour earlier on meeting date

The committee had an informal agreement to set up a subgroup to look at the Vision, Mission and value and give direction to the BH Council. The general agreement of the group is to try to meet at 8 am on the same day of the quarterly Advisory meeting. The purpose would be to identify strategies plan for this group. Participation of the subgroup is open to all members that want and can attend. The public is welcomed to attend and the open meeting laws would be followed as usual.

Annual Report to Governor & Legislature – Contents for MH Committee Section

The BH Council is required to submit an annual report to the Governor and Legislature. Each Committee is asked to provide information regarding committee's activities and accomplishments for the preparation of the Governor's annual report. Committee members and public members were ask to list items that were addressed by the Mental Health Advisory Committee that they feel needs to be in the annual report to the Governor. The annual report to the Governor is due the first of next year.

Annual report topics

- cultural & linguistics standards all cultures, races
- Block Grant Strategies – MH Adv Committee broader views
- Supported employment and employment issues
- State Infrastructure-development (is it supportive to issues we identify)
- Solution focused
- Collaboration with criminal justice system
- Housing
- Children & family issue 1. Infrastructure 2. Support
- Finances, training for individuals to effectively manage their own finances
- Peer support & consumer operated services
- Consumers include in all levels of the system
- Formal recommendation for additional funds to support the State MH Adv. Committee (direct Gov and Legislature to the website)
- transportation; 1. for consumers who don't drive and don't have access to transportation services 2. system to transport from one level of care to another.

VII. PUBLIC COMMENT

- peer support
- consumer operator services
- consumers to be included in planning
- more money for advisory meetings
- eliminate the relinquishment of children in order to access services

- more money for peer operated services/consumer operated services
- rural transportation
- training & education – wants Video to be viewed by committee. (orientation training for committees)
- public meeting laws be enforced to have the opportunity to interact and comment
- memos be put on the website
- direct the Governor – how to get to the Website
- book given to chairperson “On Our Own Together”

VIII. Next State Advisory Committee on Mental Health Services

November 8, 2005 - 9:00 am to Noon

The Location of the meeting will be announced at a later date.

XIII. Adjourn

Meeting adjourned at 12:05 p.m.